

PHYSICAL EDUCATION- SUBJECT CURRICULUM OUTLINE

OCR SPORT SCIENCE - September 2022 - Year 10

Term	Topic/Unit of work	Knowledge	Skills	Assessment
Summer Term 2	R181 Principles of Training (48 GLH) (80 Marks)	<ul style="list-style-type: none"> ● Components of fitness <ul style="list-style-type: none"> ○ relevance of CoF in sports ○ Fitness Testing ○ Skill based fitness tests 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO1 Written NEA Assessment
Autumn Term 1	R181 Principles of Training (48 GLH) (80 Marks)	<ul style="list-style-type: none"> ● Principles of training <ul style="list-style-type: none"> ○ SPOR, FITT, SMART ○ Methods of training ○ Advantages/Disadvantages ○ Aerobic & Anaerobic exercise 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO2 Written NEA Assessment
Autumn Term 2	R181 Principles of Training (48 GLH) (80 Marks)	<ul style="list-style-type: none"> ● Planning a fitness training programme <ul style="list-style-type: none"> ○ Factors when planning ○ planning a fitness programme ○ Recording results from a training programme 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO3 Written NEA Assessment
Spring Term 1	R181 Principles of Training (48 GLH) (80 Marks)	<ul style="list-style-type: none"> ● Evaluate planning & delivery <ul style="list-style-type: none"> ○ reflections ○ strengths + area for improvement ○ development suggestions to improve 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO4 Written NEA Assessment
Spring Term 2	R181 Principles of Training (48 GLH) (80 Marks)	<ul style="list-style-type: none"> ● Evaluate planning & delivery <ul style="list-style-type: none"> ○ reflections ○ strengths + area for improvement ○ development suggestions to improve 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO4 Written NEA Assessment
Summer Term 1	R182 Response to Physical Activity (40 GLH) (40 Marks)	<ul style="list-style-type: none"> ● Cardio-respiratory system during exercise ● Cardio-respiratory sports technology 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO1 Written NEA Assessment
Summer Term 2	R182 Response to Physical Activity (40 GLH)	<ul style="list-style-type: none"> ● Musculo-skeletal system during exercise ● Musculo-skeletal system technology 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO2 Written NEA Assessment

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	(40 Marks)		
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Year 11 Content

Term	Topic/Unit of work	Knowledge	Skills	Assessment
Autumn Term 1	R182 Response to Physical Activity (40 GLH) (40 Marks)	<ul style="list-style-type: none"> Short term effects on cardio-respiratory and musculo-skeletal systems 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO3 Written NEA Assessment Includes practical activity
Autumn Term 2	R182 Response to Physical Activity (40 GLH) (40 Marks)	<ul style="list-style-type: none"> Long term effects on cardio-respiratory and musculo-skeletal systems 	Knowledge & Understanding Apply fundamental concepts Analytical thinking	LO4 Written NEA Assessment Includes practical work
Spring Term 1	R180 Sports Injuries Exam Unit (70 Marks)	LO1 - Factors affecting the risk of injury Extrinsic Factors Intrinsic Factors	Knowledge & Understanding Application of command words Analytical thinking Quality of written communication	Externally assessed exam
Spring Term 2	R180 Sports Injuries Exam Unit (70 Marks)	LO2 - Warm Up & Cool Downs Components Physiological & Psychological benefits	Knowledge & Understanding Application of command words Analytical thinking Quality of written communication	Externally assessed exam
Summer Term 1	R180 Sports Injuries Exam Unit (70 Marks)	LO3 - Different Types of Injuries LO4 - Reducing risk + treatments	Knowledge & Understanding Application of command words Analytical thinking Quality of written communication	Externally assessed exam
Summer Term 2	R180 Sports Injuries Exam Unit (70 Marks)	LO5 - Causes, symptoms & treatments of medical conditions Asthma, Diabetes, Epilepsy, Cardiac Arrest + Other medical conditions	Knowledge & Understanding Application of command words Analytical thinking Quality of written communication	Externally assessed exam